

I believe that Happiness comes From Within.

Have you ever felt that you were so upset you can never get happy again? It isn't a good feeling. I have always asked myself where happiness comes from. Whenever others try to cheer me up, I may laugh and smile but deep down, I'm not truly happy. Today, I strongly hold to the belief that true happiness comes from within.

Personally, I think I had changed a lot in the past two years. I made happiness my goal and because of that, I'm usually seen as this cheerful girl. I had seen many friends dwelling on their unhappiness and perhaps it pushed me to pursue happiness. I just wanted to show the world that happiness comes from within.

I never used to be like this. I was a rather unhappy girl. When I was seven, my younger brother passed away due to liver failure. After his death, I was never as happy as I used to be. My younger brother meant so much to me, he was always there when I needed him. He was my best friend and I trusted him. He knew every single detail about me and we were hardly apart. When he left, I was very unhappy. I became very quiet, I didn't make any more friends and hardly talked to others.

Things only started to change when I was nine. I met this jovial girl filled with optimism. Her name is Ann Li. After spending a lot of time with her, I started to open up and felt happier. I made more friends and I laughed even more. I realised that my happiness should not be the responsibility of my younger brother, he should not be the one trying to make me happy. Happiness should come from within me.

It was only when I entered secondary school that I truly wanted to make myself happy. In the past two years, there were moments when I cried, but I made it a point that after crying, I would stop dwelling on that issue. My friends see me as a happy-go-lucky person, they find me weird because I am a really happy girl. Some commented that I am a funny person, in my speech, actions and thoughts. I hope to make the people around me happy, I like to see them laugh. They make me feel happy.

No matter how much others can try to cheer me up, the decision is still mine. It is difficult for others to make one happy, real happiness only comes from within. Others can make me laugh, they can make me cry, but only I can let my unhappiness go, and be truly happy. When I decide to let myself be happy, nothing can bring me down.

Happiness is a choice, it comes from within you.

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